

# Practicality and Conviction

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## ***Hanuman Chalisa: Introduction***

*Hanuman Chalisa* is the essence of *Sundar Kanda*\*. It is a prayer written in forty verses by Tulsidas. Each such verse is called a chaupai (means four legs) and each chaupai of the Chalisa has two lines each, the two always rhyme.

The prayer is divided into three parts:

- (i) The preamble,
- (ii) The main body (Chalisa), and
- (iii) The final request.

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\**Sunder Kanda* is the Fifth Chapter of the Hindu holy book – “*Ramayana*”. It literally means “Beautiful Hope”. It is a prayer done by people to generate the power to survive.



## *Hanuman Chalisa*

Frustration, stress, race, defeat and negativity of life reduce our efficiency and we become low as if we are sinking into darkness endlessly.

Feeling of isolation entraps our mind and soul.

Sometimes things just happen without a reason. I rarely get time out of my classes and the free time I do get, I spend that time with my family and along with it, try to write short stories and poems.

The other day while I was surfing the Internet for websites related to temples and prayers, I saw similar translations of the Chalisa but somewhere I myself wanted to interpret the Chalisa for the whole world (which is full of race) and hence decided to work on it.

As usual, my entire family was with me at every step. They encouraged me and here I am, with the interpretation of the Chalisa.

I know that it is impossible to interpret it accurately because every soul has its own point of view.

I hope that you will enjoy reading this interpretation and will forgive me if I am wrong somewhere.

In this interpretation, I have made **an effort to connect spirituality with self-help**, to ease our every day life, which is full of stress and seclusion.

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Somewhere self-help is self-realization, to connect your own-self with the circumstances peacefully, and at the same time, the term "help" can be related to support, so when you support yourself with or without external help, that process or phenomenon becomes "self-help".

One must know that dirty-dusty wind will always blow even when we wash ourselves, we will still be soiled and there is no escape; one has to face all kinds of circumstances, **but it should not affect your mind and heart.**

The wild world is ready to kill you but with your determination and trust, you continue to exist.

One very vital path for self-help is spirituality but many of us are not drawn towards it.

However, the important and crucial question that arises is – What is spirituality?

Is it the study of God, religious beliefs, or the wisdom of mind?

The above question can be answered in many ways or I must say in the 'n' number of ways with enormous permutations and combinations of one's thinking process.



Spirituality according to me is to search very deep within your heart with the awakened mind and soul accompanied by consciousness to realize your own gravity and density.

The two terms, which I have used, appear to be very heavy.

Increasing your gravity will actually enable you to gain more self-realization and understanding.

Increasing the density will enable you to pool greater amount of strength with which you can be saved from the decaying elements of life like ego, supremacy, pride, complaints or denial.

In Hanuman Chalisa, Guru Hanuman is teaching us skills to win with a smile, to bear the sufferings and is at the same time protecting us.

**Mind should be free from friction. Friction stops you from acting in the right direction; God becomes that fluid which enables you to become efficient and effective.**

Realization of God helps in reducing one's weaknesses. Every minute, God is changing my (our) manner of analyzing things, feelings and actions for the betterment of my life.



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Hanuman Chalisa is full of energy, every word, every line talks about faith and arrangements which many times give us hints through the acts of Guru Hanuman about exuberance.

On the other hand, we humans are the victims of questions, which continuously disturb our souls. We always ask ourselves who are we, why have we come, what is our purpose?

Who-why-what dismay us a lot.

To stabilize and to conquer the situations; lets involve ourselves with *Guru Hanuman Chalisa* and extract the true meaning of life and our significance on earth.

In Hindu mythology, Lord Rama is the legendary king of Ayodhya in ancient INDIA, Rama is considered to be the seventh avatar of Lord Vishnu.

Lord Vishnu is the Supreme God. From time to time he takes avatars to prevent and preserve earth and humanity.

Hanuman, the Mighty Ape, who aided Lord Rama in his expedition against evil forces, is one of the most popular idols in the Hindu pantheon. Believed to be an avatar of Lord Shiva, Hanuman is worshipped as a symbol of physical strength, perseverance and devotion.

In this interpretation of the Holy Book, I have taken

LORD RAMA

as

*Practicality*

and

GURU

HANUMAN

as

*Conviction*



8 *Practicality and Conviction***One can never deny that**

We have to be practical. With **practicality**, one keeps on walking honestly and patiently, sometimes bearing even the negative and wrong perceptions of people around us.

The process of becoming practical tells you that any moment people around you can tell you that you are inefficient and ineffective, but at the same time by being practical you know the truth and hence you never deviate from the path of achieving your goals and not interfere with others, we value pragmatism.

By considering practicality as a truth of life, we can never feel sad, the reason for this is quite simple, we know that, among billions of people the reason why we would be favoured by anyone is because we are more efficient and accurate than others. The truth is that flawless performance comes with practicality.

**Conviction** implies trust, the way of thinking in the direction of correctness and surety while acting and/or processing a task.



The truth of life is that practicality runs with conviction and when we practice them together, we justify the meaning of Life.

Life will never jeopardize and we maintain our walk. Our life is akin to a soap bubble, it can disappear any moment, forever and we will be forbidden from this crazy world, which is perpetual and will continue even when we have departed.

God has given us an opportunity in the form of life and we should all do at least a bit to fortify our existence.

Honesty, practicality and conviction are the keywords, and when we exercise them together we stay contented, satisfied and hence we subsist.

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-- *Lets Begin*





## *Shri Hanuman Chalisa*





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*Shri Guru charan saroj raj  
Nij mane mukure sudhar  
Varnao Raghuvar vimal jasu  
Jo dayaku phal char*



*Thinking is a continuous process, our mind generates zillions of thoughts; thinking is a complex web, and teaches and tells us about our existence. Every one wants to be perfect and in the race of attaining perfection, we may commit numerous mistakes, because winning becomes the only motive and for that we can do anything.*

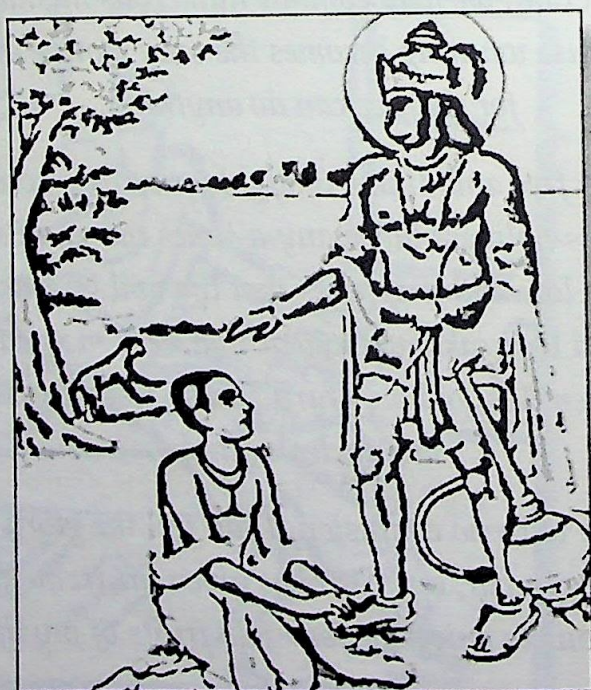
*The dirt free and divine thoughts prepare a screen of kindness-holiness but many-a-times the mind starts thinking low and it appears that life will go waste and we tend to breakdown and at that very moment the pollen dust of holy Guru's lotus feet cleanses my unclean mind.*

*Now with no confusion, I can feel the glory of Shri Raghuvar, and Shri has given me tremendous honour to enjoy the four-fold fruits of my life.*



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*Budhi hin tanu janike*  
*Sumirau Pavan Kumar*  
*Bal budhi vidya dehu mohe*  
*Harahu kalesa vikar*





*To show my presence, I tell, explain and preach so many things to others; I reveal a lot, but I know the deficiency of my intellect and time. With the entirety of my mind I concentrate on Pawan Kumar (Hanuman), requesting Him to provide me the strength, intelligence and true knowledge.*

*Moreover, with this foliage, my misery will go away forever...*

*With You my attitude is becoming better and so is my altitude.*

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*Jai Hanuman gyan gun sagar*  
*Jai Kapis tihun lok ujagar*





*Prabhu,\* every bit of yours is wisdom and eternity  
and with this power, the entire universe, galaxies and  
cosmos shall illuminate. You are full of aptitude and  
qualities. We, the ordinary species get energy,  
so that these little souls of ours will be  
empowered by looking at Your feet.  
Guru, You are extreme and absolute.*

*At times when life ceases to exist, it appears that at  
every single moment we are penetrated by the harsh  
attitude of people around us, but You give us the  
power and meaning to not detonate.*

---

\* God

18 *Practicality and Conviction*

*Ram doot atulit bal dhama*  
*Anjani-putra Pavan sut nama*





*Shri Hanuman, You are the envoy of  
Shri Ram Bhagwan. You have gargantuan strength  
and every one calls You the son of Pawan (wind),  
born to Anjani\*.*

*A single glimpse of Yours in a day feeds massive  
energy in me to fight the evils of the system, I feel so  
lucky that You have given me a chance to see You.*

---

\*Anjani was actually an apsara or a celestial being, who, due to a curse, was born on the earth as a female vanara.

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*Mahavir Vikram Bajrangi*  
*Kumati nivar sumati ke sangi*





*Guru, Your limbs are so strong, as burly as vajra\*,  
because of You, I feel protected and receive abundant  
positive energy, which helps me come out of negative  
thoughts. With Your hand on me, I can breathe  
completely, You nosh life in me, every moment.*

*You are the mettle for me with which I come out of  
stigma.*

---

\*Vajra is Indra's (Rain God) weapon, which is as powerful and strong as the diamond (the hardest substance known).

*Kanchan varan viraj subesa*  
*Kanan kundal kunchit kesa*





*Guru, You look astonishingly handsome. Your built is golden coloured, which signifies conviction in one's own-self, and Your beautiful attire indicates freshness.*

*Your earrings and long curly hair fascinate every one.*

*Guru, You are the Super Hero, an ideal for me. My life is worthy because You allow me to sit in front of You.*

*Hath vajra aur dhuvaje viraje*  
*Kandhe moonj janehu sajai*





*You carry a lightning bolt along with a victory flag and wear a sacred thread on Your shoulder. You have become a lighthouse for all the vessels which have been deviated from their path.*

*Under this light, one can get rid of suffering and agonies, and the white thread\* is a rescue rope for all who are isolated and want to come back to life again.*

---

\*Janehu is the sacred thread worn across the chest by brahmins, kshatriya, vaishya, etc., in India.

*Sankar suvan Kesrinandan*  
*Tej pratap maha jag vandan*





*You are a descendant of Lord Shankar\*; with Your sheen and glory, You show your presence to me when I am anguished and confused with the meaning of life. You give me strength, increase my potential and force me to stand without sweat on my forehead and fog inside my forehead.*

*Vivacious, I feel myself, when I think of You; You always emerge...I go speechless...You (only) are the cause for me to be here as a human.*

---

\*Lord Shankar or Shiva is one of the Gods in the Hindu trinity of Brahma, Vishnu, and Shiva. In this triad, Shiva is the destroyer.

*Vidyavan guni ati chatur  
Ram kaj karibe ko aatur*





*Guru, You are the buffer of erudition, You are  
number one and fully accomplished; keep yourself  
busy in the seva\* of Lord Rama.*

*Guru, You teach us to serve, to do things, which are  
larger than our own self, we humans become selfish,  
we always think of our own comforts and luxuries,  
and this is when You teach us to give, to share....*

*You control me whenever I am about to shatter.*

---

\* Seva is serving one with complete devotion.

*Prabu charitra sunibe ko rasiya  
Ram Lakhan Sita man basiya*





*You are a good listener and believer of karma\*,  
You only believe in work with keenness,  
You are a perfect example of devotion.*

*This message channels us to hear things carefully  
before we act. Guru is telling us to understand the  
things first, be a good listener, to understand the  
lucidity of communication.*

---

\*Karma stands for the practicality and to work positively without thinking about the result.

*Sukshma roop dhari Siyahi dikhava*  
*Vikat roop dhari Lanka jarava*





*Guru, You have appeared as a tiny being in front of  
Mother Sita\* and with Your lethal and gigantic form,  
burnt the entire Lanka#.*

*Guru, I am impressed by both Your forms.*

*This is a signal for us to stay polite but when evil  
challenges, to be prepared to fight against the same.*

---

\*Mata Sita is the wife of Rama, the seventh avatar of Vishnu, and she was respected as a perfect female.

#Lanka is the name given in Hindu mythology to the island fortress capital of the king Ravana in the epics Ramayana and Mahabharata, and is what is thought to be present day Sri Lanka.

*Bhima roop dhari asur sanghare  
Ramachandra ke kaj sanvare*





*You are always busy in eliminating leviathan and in  
wielding Lord Rama's work.*

*You set an example for us to do everything honestly  
and kill malice.*

*Eliminate inequity for the sake of creativity.*

*Laye Sanjivan Lakhan jiyaye*  
*Shri Raghuvir harashi ur laye*





*You rescued Lakshman and Lord Rama hugged You.*

*Your message for us is that never promote yourself  
because the next second is unpredictable and can  
throw You to the darkest place. So try to help those  
people who are in need.*

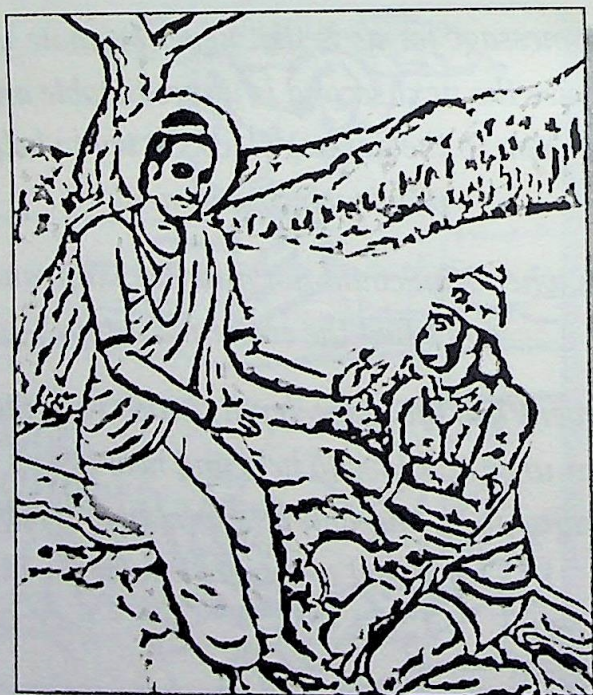
*Guru when You could not find the Sanjivani buti\*,  
You lifted the entire mountain.*

*This event has immense depth, which says that if one  
has an urge and love to help and heal others, he/she  
can really do it, and will be appreciated by everyone,  
even God welcomes him/her.*

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\*Sanjivani buti is a rare and life saving herb and ayurvedic medicine.

*Raghupati kinhi bahut badai*  
*Tum mam priye Bharat-hi sam bhai*





*Guru, You constantly guide us and its because of  
Your joyful and truthful deeds that  
You are appreciated by all.*

*People who follow You are welcomed, embraced and  
their decisions and suggestions are valued by others.*

*Guru, with You, I, now, know that life is all  
about exploring truth, the task is difficult but not  
impossible.*

*Guru, with Your blessings I am trying, trying hard.*

*Sahas badan tumharo yash gaave  
Us kahi Shripati kanth lagaave*





*Lord Rama is saying to my Guru that everywhere  
You are appreciated, and that You are the driving  
force for every soul and system that exists.*

*Guru I am reading all Your messages, indications and  
trying to understand all the hints. You are making  
me strong. My anger is decreasing and I can feel  
a rebirth. I am tiny, I know, I am but You give me  
enormous strength to tackle all obstacles, to come out  
of insecurities, and to stay calm when we lose or gain.*

*You catch me, hold me, the time I go insane.*

*Sankadik Brahmadi muneesa*  
*Narad sarad sahit aheesa*





*There are many famous bachelors but You are the greatest brahmachari\*, dedicated to action only, the one Who is not interested in his name and fame.*

*Your main focus is to implement things to perfection.*

*This act of Yours is indicating that never be self-centered, such people develop a misunderstanding that the process which they are running is only because of them.*

*Guru is saying that if you are full of over confidence or pride, you are sure to vanish but, on the other hand, if you are patient and down to earth, and help whoever is in trouble or mystery, you will surely stand strong.*

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\*Brahmachari "he who is moving towards God." An unmarried male spiritual aspirant. CC-0. In Public Domain. Funding by IKS-MoE

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*Yam Kuber Digpal jahan te  
Kavi kovid kahi sake kahan te*





*No greatest of the masters in their fields, no poet,  
orator, or an intellectual is wise enough to completely  
describe You.*

*You are larger than all the combined existence and  
surely beyond that.*

*Guru, when dry leaves wrap me, and try to swallow  
me, I take Your name and suddenly everything  
seems to settle.*

*Now my smile knows the meaning of joy, it is no  
longer fake.*

*Tum upkar Sugreevahin keenha  
Ram milaye rajpad deenha*





*Guru, You have done a lot for everyone, without  
thinking twice.*

*You have made a path on which we all meet our  
accomplishments to attain wisdom.*

*I learn a lot from You every second. When I open the  
window of my heart and synchronize that with my  
mind, the picture of dawn appears with orange colour  
in the sky. This heals me every second because the  
colour tells that You are taking care of me, You are the  
shelter for me, and I decide to walk on the clean path  
in the journey of life.*

*Guru, You pitch in so much of positive energy in us  
and hence we all are decisive on not to vanish.*

*Tumharo mantra Vibheeshan mana  
Lankeshwar bhaye sub jag jana*





*Guru, You are supreme, whoever follows Your footsteps ultimately receives harmony and ecstasy in his/her life.*

*Your practicality guides us to obey and to implement things. In addition, truly with these, I am reaching higher levels. I have risen in my confidence and shall continue to rise. You have taught me the real meaning of life.*

*There was a time when I was running and suddenly I fell down, there was darkness all over. Occurrence looked dead; I was in a deep well, smelling and inhaling, rusted dark brown smoke, which was snatching every thing from me. There was immense heat; I could sense my evaporation, it was so horrifying as if any moment skin will be released from my bones, I was helpless, floored and was about to close my eyes forever and then You came.*

*The stinking smoke and heat turned into welcoming light with cool breeze and I felt I was recovering from the same; my tired eyes were given energy as if a child is eager to see his/her mother as soon as he/she enters in this world.*

*I climbed out of the well by taking Your name; saw the world again, found my track and now, I am running again.*

*Guru, kindly stay close to me and I know that You will.*

*I am feeling Your presence.*

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*Yug sahastra jojan par bhanu*  
*Leelyo tahi madhur phal janu*





*I am short of words because; in front of You, distances  
no longer appear to be unachievable and no size  
matters much.*

*You engulfed the Sun, which is thousands of  
light years\* away.*

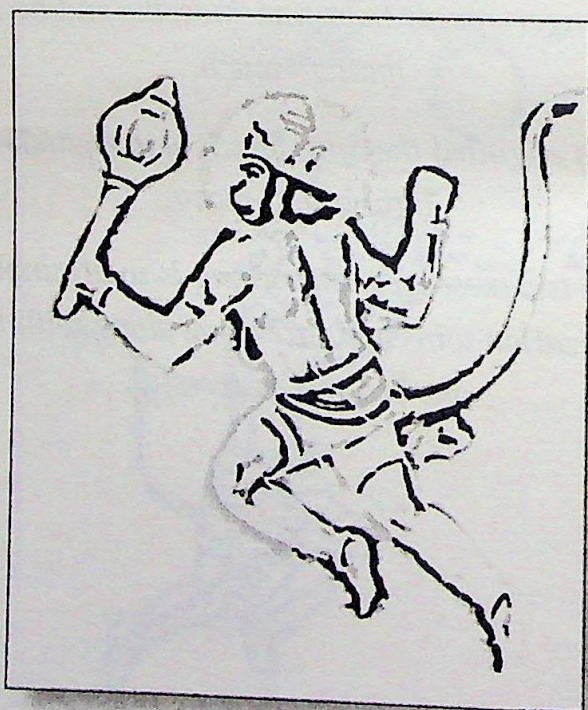
*This is a message that nothing is unattainable;  
visualization wins and takes You along with it and  
one becomes successful.*

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\*A light year is a unit of distance. It is the distance that light can travel in one year.

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*Prabhu mudrika meli mukh mahee*  
*Jaladhi langhi gaye achraj nahee*

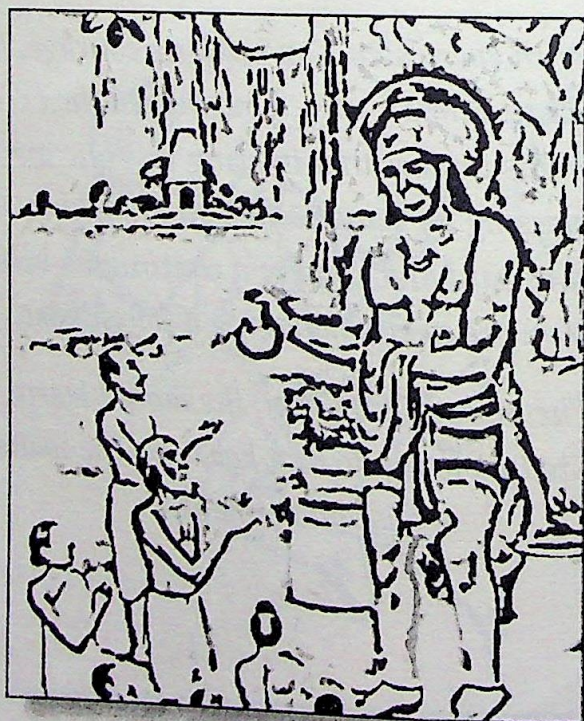




*Guru, With every step You teach us courage, just by having Lord Rama's ring, You crossed the extensive ocean. This implies that the ring in Your mouth is the blessing by Rama, and You are taking that as a reward and keeping a continuous belief You are easily managing a tough post.*

*The more I recite You, the more I learn. You tell us to not to beat heads on the walls of discouragement.*

*Durgaam kaj jagat ke jete  
Sugam anugraha tumhre tete*





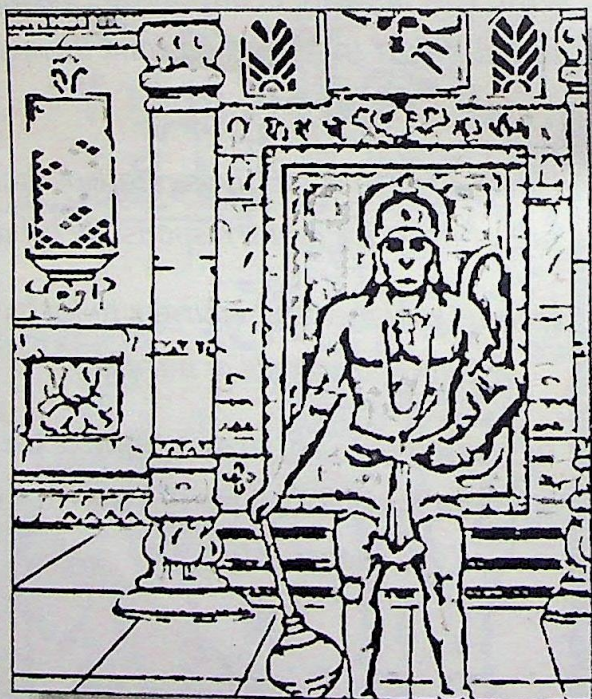
*Guru, With You nothing is impossible. With Your grace, any difficult task descends and disappears forever.*

*At times when I get upset with the state of the world which is full of negative and irresponsible behaviour.*

*You teach us patience and courage to thrive by crossing hundreds of hurdles.*

*You tell us to stay focused, to synchronize the brain and heart. You have skilled me not to erupt with negativity.*

*Ram dware tum rakhvare,  
Hoat na agya binu paisare*





*You are the guard of Lord Rama, If You allow,  
only then one's wish turns into reality.*

*It is not necessary that success is reserved for  
perfectionists. Effort is most important, if one's effort  
is honest and he/she is doing it truthfully then success  
follows automatically.*

*Sub sukh lahai tumhari sarna  
Tum rakshak kahu ko dar na*



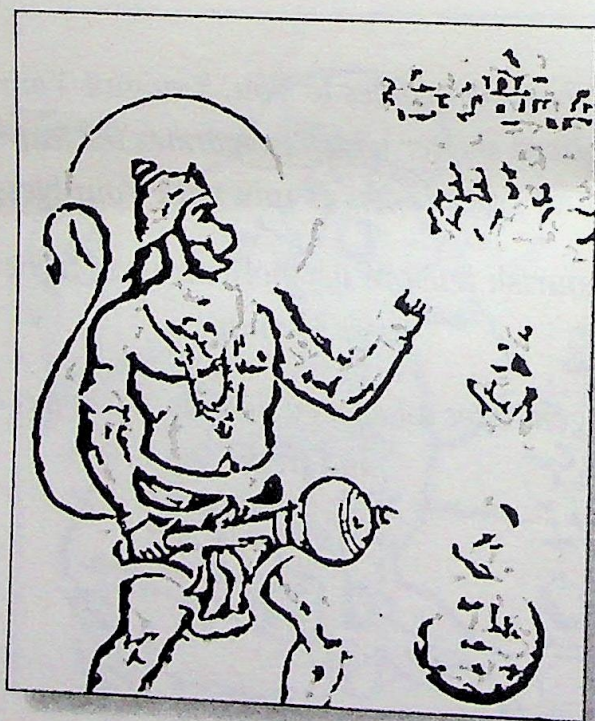


*Whosoever comes to You, You give Your  
unprejudiced shelter which evaporates the fear in that  
person and peace comes as rain with Your blessings.*

*You nourish trust in us; motivate us to work and  
work joyfully.*

*Trust generates an energy flow in us, we feel alive  
and fresh.*

*Aapan tej samharo aapai  
Teenhon lok hank te kanpai*





*No one is capable of stopping the wind of  
Your positivity.*

*Guru, You are the most powerful, You never stop,  
You keep Yourself busy in helping the deprived like  
us.*

*The time You see felony, there and then You take  
action and train us to ascend on accomplishment, the  
system forces us to become wicked, but with Your  
power, You make a protective layer around us and we  
remain honest.*

*I now know that if one is confident then his/her voice  
will gain density and then he/she can stand against  
evil in the society as if the entire creation is on  
his/her side.*

*Bhoot pisach nikat nahin aavai*  
*Mahavir jab naam sunavai*





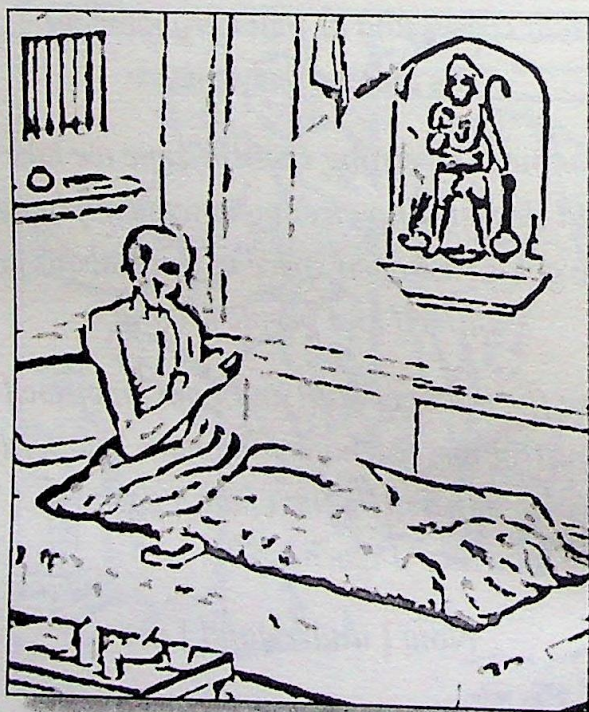
*Sometimes when circumstances go against us, we feel departed; our soul tries to leave our body, interest in life system ceases and at that very moment You heal us and we feel at peace.*

*Your name is so strong that the time we take Your name all devastating circumstances simply walk off and we get a vast open space to think about family, ourself and people around.*

*You are the ocean of faith and I am an ejected seat;  
You control me, teach me to remain balanced and  
adversities then fade away,  
I reach safely.*

*Now I understand Life.*

*Nase rog harai sab peera  
Japat nirantar Hanumant beera*





*Guru, You make us feel fresh, by chanting your name  
continuously, all the pains, sufferings and diseases  
simply fade away.*

*At times when mind becomes disabled and one  
can't distinguish between right or wrong, correct  
or incorrect, one feels right at the middle of cross  
roads, You, then and there control us and give us the  
direction, light and path, and tell us to walk strongly.*

*Sankat se Hanuman chudavai*  
*Man karam Vachan dyan jo lavai*

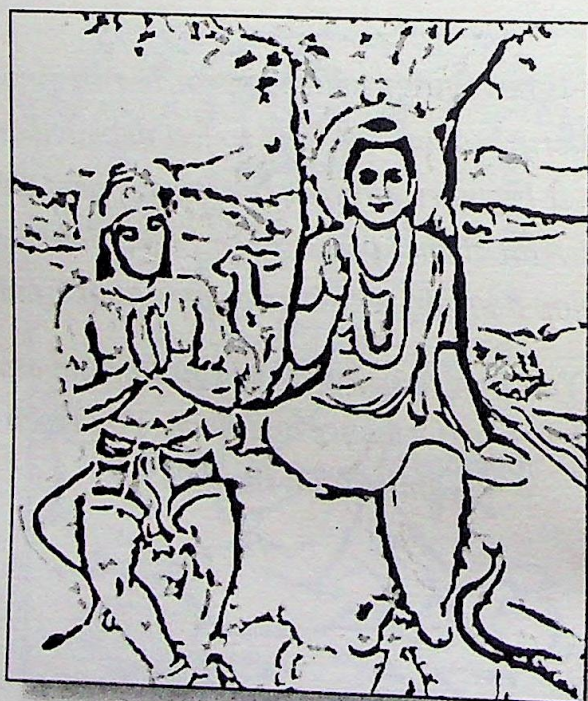




*Many-a-times things which appear to run smoothly,  
get disturbed and we tend to feel deviated and  
crushed, it becomes difficult to realise where we were  
wrong. And at that verge when I take Your name,  
I develop a vision which takes me out of trouble.*

*Guru, You preach us to create equilibrium among  
dreams-trust-performance and hope, You teach us to  
smile from inside.*

*Sub par Ram tapasvee raja  
Tin ke kaj sakal tum saja*





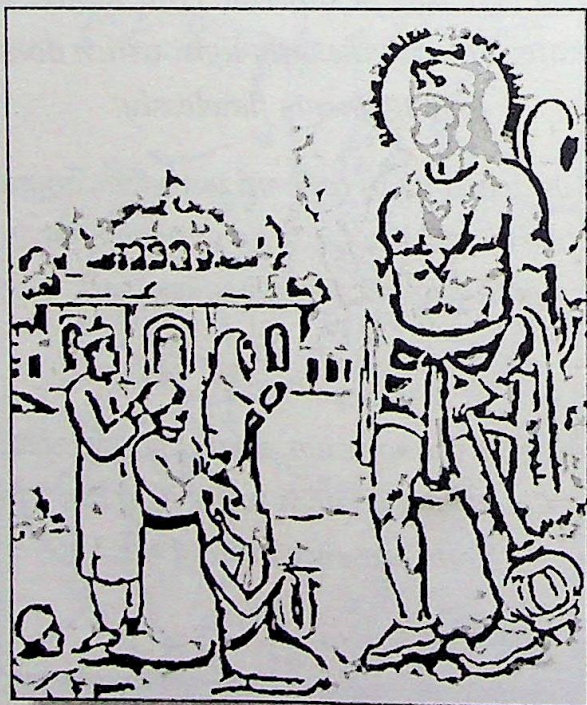
*Guru, You take care of supreme Lord Rama. You are the ultimate; You are the only light which does all the arrangements flawlessly.*

*Guru, You teach us to cope up with the complex web of this world and it is because of which one is very active while doing his/her work,*

*Your work is Your God.*

*You give the solution when I go puzzled,  
I am not strong enough to see You but I feel  
Your presence around me.*

*Aur manorath jo koi lavai  
Sohi amit jeevan phal pavai*





*The one who is blessed by You gets everything in life.*

*He/She gets more than what he/she deserves.*

*You direct them on the course where they learn to  
live, where they learn to strive for existence.*

*They win because of You; You are the symbol of  
spirituality and thoughtfulness.*

*Guru, every tissue of my fragile skin is intact because  
You give me the power and energy...what else do I  
need...I need nothing.*

*Charon yug partap tumhara  
Hai persidh jagat ujiyara*





*Your fame is everywhere, You are the undisputed winner. Your glory is immeasurable. This fame is a fact.*

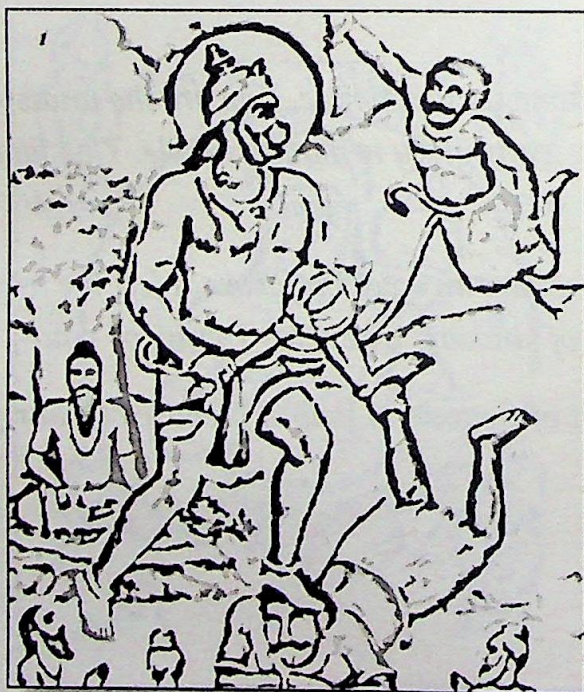
*Guru, You are an emotion for me, I feel the fragrance of sindoor\* whenever I think of You.*

*Every bit of Cosmos is shaped because of Your power.*

---

\*Sindoor is a red powder.

*Sadhu sant ke tum rakhware  
Asur nikandan ram dulhare*





*You are the protector of all the innocent and kind people who never believe in belligerence.*

*You protect them all and on the other side You eliminate all beasts and demons.*

*The above implies that if anyone becomes powerful in terms of brawniness, wealth and position, one should use that in empowering the poor and disabled.*

*Ashta sidhi nav nidhi ke dhata*  
*Us var deen Janki mata*





*Mother Janki has blessed You with lots of powers.*

*You are empowered with eight Sidhis\* and  
nine Nidhis#.*

*Guru, You are fantastic.*

*Guru, With these abilities You befall as the shield for  
all those who are feeble.*

*You harness our character.*

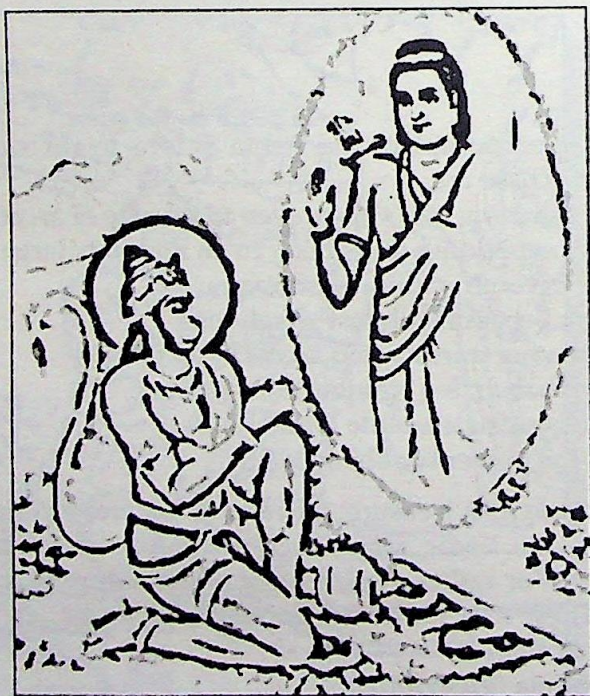
\*There is the concept of the Ashta Siddhi (eight siddhis) in Hinduism. These are:

- Animā: reducing one's body even to the size of an atom;
- Mahimā: expanding one's body to an infinitely large size;
- Garimā: becoming infinitely heavy;
- Laghimā: becoming almost weightless;
- Prāpti: having unrestricted access to all places;
- Prākāmya: realizing whatever one desires;
- Istva: possessing absolute lordship;
- Vaśtva: the power to subjugate all.

#Nidhi (Sanskrit) A treasure; the nine divine treasures or jewels of Kuvera, the Vedic Satan, each under the guardianship of some demon or rather a spirit more of the nature of the Greek daimon. These nine nidhis are popularly given as:

- Padma (lotus);
- Mahapadma (great lotus);
- Sankha (conch shell);
- Makara (marine animal or fish);
- Kachchhapa (tortoise);
- Mukunda (kettle drum);
- Ananda (joy);
- Nila (a dark color or blue);
- Kharva (dwarf).

*Ram rasayan tumhare pasa  
Sada raho Raghupati ke dasa*

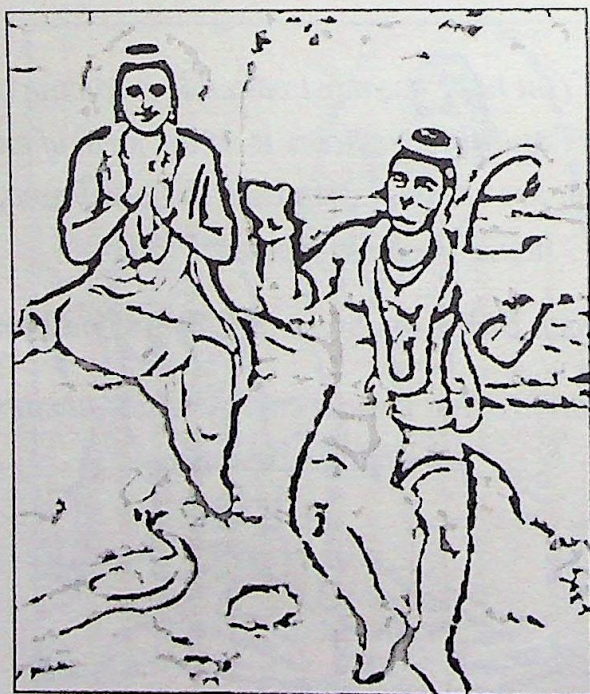




*Guru, You have the most valuable medicine called  
"Rama" and this medicine is in the form of energy  
and You are always committed to Lord Rama, and  
hence the child favourite to Lord.*

*You teach the lesson of commitments and lumber.  
Guru, You are that cosmic energy which always takes  
care of our existence.*

*Tumhare bhajan Ram ko pavai  
Janam janam ke dukh bisravai*



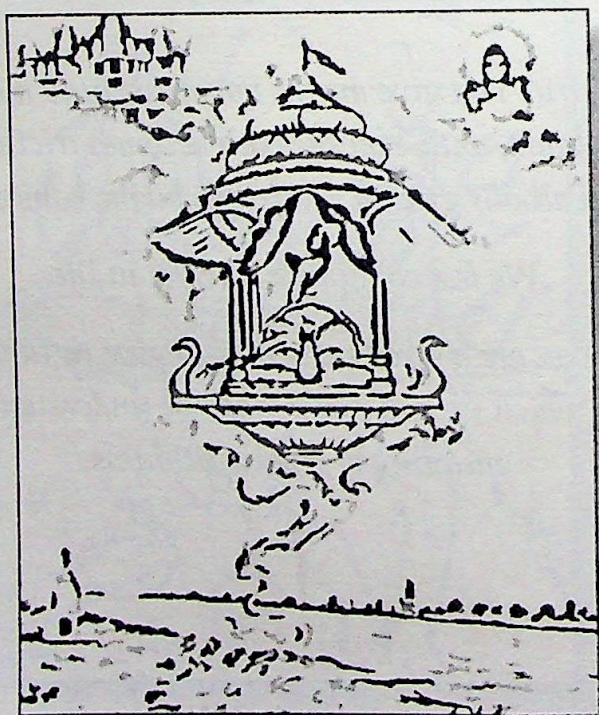


*Guru, You give me the opportunity to meet  
Lord Rama, with You the path becomes frictionless;  
and all our grief of numerous births runs out.*

*We feel calm, take interest in life.*

*Guru, You are a strong chain, You give us luminosity  
with which we can reach God; we understand the  
meaning of trustworthiness.*

*Anth kaal Raghuvir pur jayee*  
*Jahan janam Haribakht kahayee*





*We humans are short-spanned; any second we can be dissolved in air and soon our name will disappear from this world forever.*

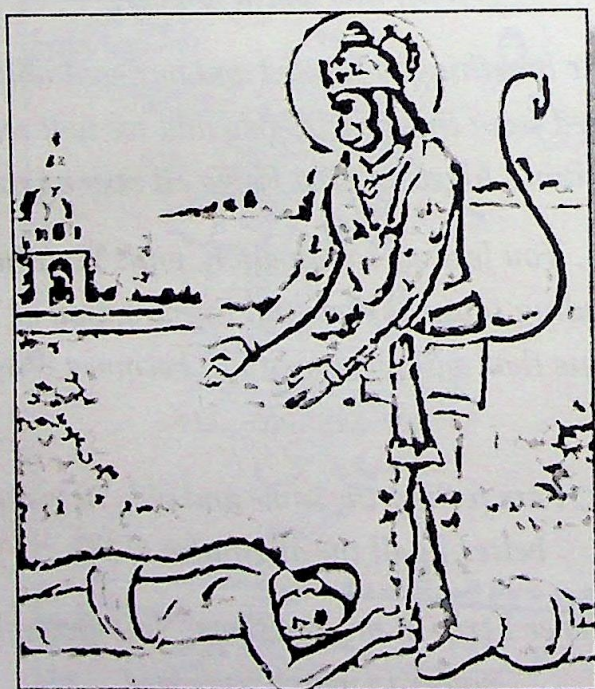
*Our breathing is limited and our soul will be separated from this brittle body and we will reach the Divine Abode of Shri Rama all over again.*

*Guru, You lead us to salvation, with Your help, I am heading towards eternity. Every action of Yours explains that with generosity 'I' becomes 'We' and 'Me' becomes 'Us'.*

*Guru, I am feeling the same and able to visualise better in all the attributes of life.*

*Whenever I trip in my emotions, You give me the power to march unvaried.*

*Aur devta chit na dharehi  
Hanumanth se hi sarve sukh karehi*





*Guru, I (we) get all the peace and satisfaction after we recite Your prayers and whenever we remember You; and this alone gives me plethora of wisdom and element, as if one has reached all Gods. In You; now I have everything, it feels like visiting the entire universe, my vision now has a better clarity.*

*Sankat kate mite sab peera  
Jo sumirai Hanumat balbeera*

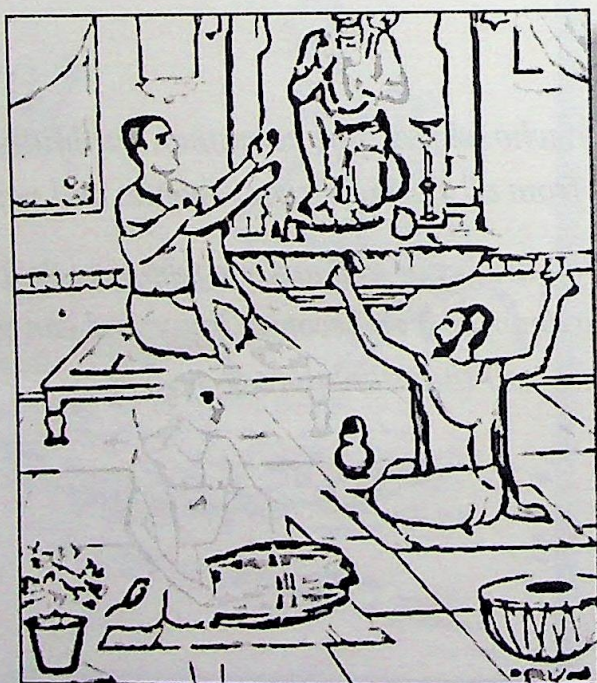




*The one who adores Shri Hanuman truthfully gets  
freed from all the sufferings, agonies and pains.*

*Guru, You are brave and anyone who gets the chance  
to bow down to You becomes brave and can fight  
all the tribulation of system.*

*Jai Jai Jai Hanuman Gosahin  
Kripa karahu Gurudev ki nyahin*



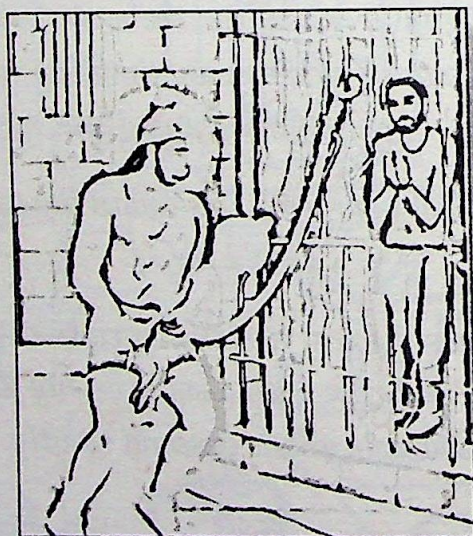


*My attitude towards life is improving. You are  
amending my personality, the more I recite Your  
name the more You clean my thinking route. I find  
myself more unsullied.*

*I always feel your arms around in the darkness to  
hold me.*

*You give me the zeal to stand upright in the middle  
of dirty acid rain with a smile on my face...my  
complications descend swiftly.*

*Jo sat bar path kare kohi  
Chutehi bandhi maha sukh hohi*





*One who recites Chalisa hundred times (with hundred times, Guru is actually checking his/her patience + courage + trust + guts), will definitely be freed from hypocrisies, fib and wickedness of the system. You help me clear the negative fence in front of me... You help me introspect myself.*

*Truly I have seen a change in my own-self, I have achieved inner happiness, I am at peace and my mind now has better strength to understand Life, its struggles, elements, agreements, compromises for the betterment of myself and people who I live with.*

*Jo yah padhe Hanuman Chalisa  
Hoye siddhi sakhi Gaureesa*





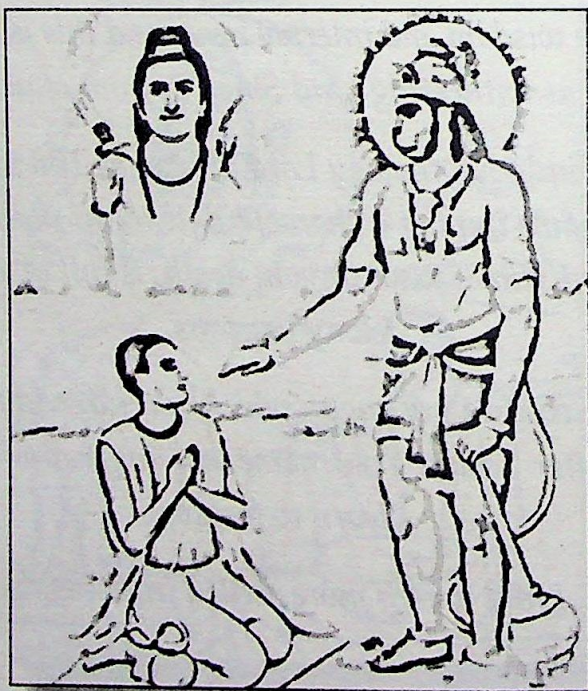
*Everyone who has faith in Chalisa will be benefited. These benefits are not in terms of materialistic things, but are wisdom and internal peace and this is as large as witnessing Lord Shiva in front of us.*

*In Hindu Mythology Lord Shiva has 108 names; each name implies a characteristic of the personality of Lord Shiva, who can win death, is full of anger if felony happens.*

*I try to control my anger, which overtakes my nerves, and after I chant Your name, my anger diminishes, I learn to forgive.*

*I find myself more settled from inside.*

*Tulsidas sada hari chera*  
*Keejai Naath hrdaye mein dera*





*Guru, You were the channel for  
Tulsidas\* to reach Lord Rama.  
Likewise You are the medium for us.*

*Here Lord Rama is practicality and Guru Hanuman  
is conviction so to be a winner, believe in practicality  
and have trust in your own-self.*

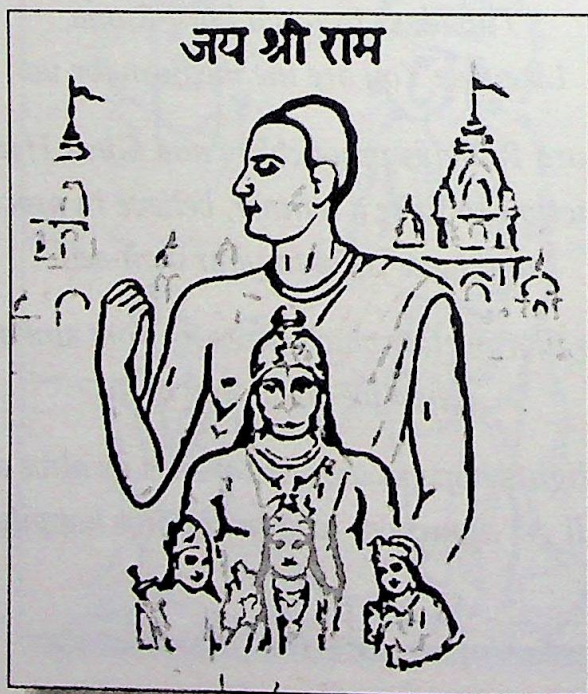
*Trust is that nectar which saves us from sinking even  
when we sip a drop of it.*

*Trust lights hope in us, trust makes us alive and we  
all get a purpose to stay and live happily.*

---

\*Tulsidas: Gosvami Tulsidas/Tulasi Dasa (1532-1623) was an Awadhi poet and philosopher, and the author of "Ramcaritmanas".

*Pavantnai sankat haran,  
Mangal murti roop.  
Ram Lakhan Sita sahit,  
Hrdaye basahu sur bhoop*





*Guru with You, I have been raised from all my sufferings and agonies. I am no longer isolated. I am satisfied with this totality of actuality of life.*

*You are the trust and trust is that taut rope which holds us, tells us to live, to grow, to show...*

*Guru You are the building mechanism for me.*

*Guru, without You I can't think of my existence.*

*The whole world was BABEL for me...*

*and*

*Now, I can hear/feel/sense every sound clearly...*

*I strongly believe in spirituality and honest actions.*

*Guru with You*

*I am inclusive and one with You.*

*I can smell and sense billions of protective layers formed over me by You.*



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Let me put across my gratitude to you for reading the book and I hope it has inspired you to read more, for there are so many excellent and inspirational writers in this special time.

Thanks





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